

Texas LMSW License Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which stage occurs from 0 to 18 months and involves sucking, biting, and chewing?**
 - A. Oral**
 - B. Anal**
 - C. Phallic**
 - D. Latent**

- 2. Which of the following is a sign of cocaine use?**
 - A. Dilated Pupils**
 - B. Sleepiness**
 - C. Constricted Pupils**
 - D. Decreased Talking**

- 3. Which stage involves maintaining progress and working to prevent relapse?**
 - A. Contemplation**
 - B. Maintenance**
 - C. Preparation**
 - D. Action**

- 4. Which Freud stage corresponds to ages 3-6 and involves genitals?**
 - A. Oral**
 - B. Anal**
 - C. Phallic**
 - D. Latent**

- 5. Which term describes the belief that one's own culture is superior to others?**
 - A. Stratification**
 - B. Pluralism**
 - C. Ethnocentrism**
 - D. Assimilation**

- 6. Dyslexia is best described as which of the following?**
- A. A language development disorder causing speech delay.**
 - B. A learning disability that impairs reading.**
 - C. A mood disorder characterized by fear and anxiety.**
 - D. An attention deficit resulting in hyperactivity.**
- 7. Which dissociative disorder is defined by the presence of two or more distinct personalities with unique memories and behaviors?**
- A. Dissociative Identity Disorder**
 - B. Schizophrenia**
 - C. Generalized Anxiety Disorder**
 - D. Posttraumatic Stress Disorder**
- 8. Which disorder is characterized by recurrent depressive episodes with low mood, diminished self-esteem, and loss of interest in activities?**
- A. OCD**
 - B. PTSD**
 - C. Bipolar Disorder**
 - D. Clinical Depression**
- 9. Which behavior is a hallmark of Conduct Disorder according to the material?**
- A. Aggressive behavior, such as cruelty to animals, fighting and bullying.**
 - B. Frequent daydreaming.**
 - C. Excessive worrying about school performance.**
 - D. Persistent mood disturbances.**
- 10. Which macro practice involves helping communities plan and implement social change initiatives?**
- A. Policy analysis**
 - B. Community organizing**
 - C. Direct practice**
 - D. Case management**

Answers

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1. A
2. A
3. B
4. C
5. C
6. B
7. A
8. D
9. B
10. B

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Explanations

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1. Which stage occurs from 0 to 18 months and involves sucking, biting, and chewing?

- A. Oral**
- B. Anal**
- C. Phallic**
- D. Latent**

Freud's first psychosexual stage centers on the mouth, with pleasure tied to feeding and oral exploration. From birth through about 18 months, the infant derives satisfaction through sucking, biting, and chewing, and the process of weaning marks the transition out of this stage. This timeframe and these behaviors match the description in the question. If fixation occurred at this stage, it might later show up as oral habits like smoking, overeating, or nail-biting, though many individuals move through it without lasting issues. The other stages involve different focus areas and ages: toilet training and control of bowels in the anal stage; genitals and related conflicts in the phallic stage; and a quieter period with less erogenous focus in the latent stage.

2. Which of the following is a sign of cocaine use?

- A. Dilated Pupils**
- B. Sleepiness**
- C. Constricted Pupils**
- D. Decreased Talking**

Cocaine use activates the body's fight-or-flight response, boosting sympathetic nervous system activity. This increases pupil size, producing dilated pupils (mydriasis), a common observable sign of stimulant intoxication. The heightened arousal from cocaine often accompanies increased energy and talkativeness, rather than sleepiness. Constricted pupils point to opioids or other depressants, not stimulants, and decreased talking is not typical of cocaine use, which tends to make people more vocal and energized.

3. Which stage involves maintaining progress and working to prevent relapse?

- A. Contemplation**
- B. Maintenance**
- C. Preparation**
- D. Action**

In the stages of change model, maintaining progress and preventing relapse is the focus of the maintenance stage. Here, after the initial change has been made, the emphasis shifts to sustaining the new behavior over time and developing strategies to avoid slipping back into old patterns. This includes reinforcing new routines, managing triggers, using coping skills, and leveraging social support to keep the change intact. By contrast, contemplation involves thinking about changing but not yet acting; preparation is getting ready to act soon and planning; and action is actively performing the new behavior. So the option that describes ongoing maintenance and relapse prevention fits best.

4. Which Freud stage corresponds to ages 3-6 and involves genitals?

- A. Oral**
- B. Anal**
- C. Phallic**
- D. Latent**

The stage where libido centers on the genitals and children are most aware of gender differences occurs roughly from ages 3 to 6. This is the phallic stage. During this period, children explore and become curious about their bodies, and Freud described the emergence of early dynamics around parental figures—the Oedipus complex for boys and the Electra complex for girls. Resolution happens as the child identifies with the same-sex parent, which helps form a beginning sense of gender identity and the superego. Earlier stages are the oral stage (mouth-focused, from birth to about 18 months) and the anal stage (toilet-training phase, roughly 18 months to 3 years). After the phallic stage, the latent stage (about 6 years to puberty) is a calmer period with less focus on sexual development. So the phase that fits ages 3-6 and centers on genitals is the phallic stage.

5. Which term describes the belief that one's own culture is superior to others?

- A. Stratification**
- B. Pluralism**
- C. Ethnocentrism**
- D. Assimilation**

Ethnocentrism is the belief that one's own culture is superior to others, and using that culture as the standard by which all other cultures are judged. This mindset leads people to view different cultural practices through their own norms, often labeling them as inferior or wrong. In practice, ethnocentrism can bias assessments, interactions, and decisions, making it harder to understand clients' experiences from their own cultural perspective. That's why it's important to cultivate cultural humility and view practices and values within their cultural context rather than measuring them against one's own culture. Stratification involves hierarchical ranking of people within a society, not judgments about cultural worth. Pluralism emphasizes recognizing and coexisting with multiple cultures. Assimilation is the process of adopting another culture's norms, sometimes at the expense of one's own cultural traits.

6. Dyslexia is best described as which of the following?
- A. A language development disorder causing speech delay.
 - B. A learning disability that impairs reading.**
 - C. A mood disorder characterized by fear and anxiety.
 - D. An attention deficit resulting in hyperactivity.

Dyslexia is a learning disability that affects reading. It involves persistent difficulties with accurate and fluent word recognition, decoding, and spelling, despite normal intelligence and adequate education. These reading challenges stem from differences in phonological processing and language-based skills, making reading accuracy and speed slower than expected for age and education. It's a specific condition focused on reading abilities, not a speech delay, mood disorder, or an attention deficit; though ADHD can occur alongside dyslexia, the defining feature here is the impairment in reading.

7. Which dissociative disorder is defined by the presence of two or more distinct personalities with unique memories and behaviors?
- A. Dissociative Identity Disorder**
 - B. Schizophrenia
 - C. Generalized Anxiety Disorder
 - D. Posttraumatic Stress Disorder

The idea being tested is identifying the dissociative condition in which a person exhibits two or more distinct identities, each with its own memories and ways of behaving. This pattern—alternating personalities with separate memories and behavioral patterns—fits Dissociative Identity Disorder. People with DID often experience dissociative amnesia, where gaps in memory occur when another identity takes over, and the different identities may have their own names, ages, or preferences. This differs from schizophrenia, where the core features are psychotic symptoms such as hallucinations or delusions rather than distinct, coexisting personalities. PTSD focuses on re-experiencing trauma, avoidance, and hyperarousal, not multiple identities. Generalized Anxiety Disorder involves pervasive worry across many areas, without identity fragmentation. So the description specifically points to Dissociative Identity Disorder.

8. Which disorder is characterized by recurrent depressive episodes with low mood, diminished self-esteem, and loss of interest in activities?

- A. OCD**
- B. PTSD**
- C. Bipolar Disorder**

D. Clinical Depression

This describes a mood disorder with persistent low mood, diminished self-esteem, and loss of interest or pleasure in activities across depressive episodes, which fits major depressive disorder (often called clinical depression). In major depressive disorder, people experience depressed mood most days, a marked reduction in interest or pleasure (anhedonia), and negative self-perceptions such as worthlessness or guilt, among other possible symptoms, lasting for at least two weeks and causing impairment. When these depressive episodes occur repeatedly over time with intervals of remission, it's described as recurrent. The other conditions don't match this pattern. Obsessive-compulsive disorder centers on intrusive thoughts and repetitive behaviors. Post-traumatic stress disorder involves trauma-related symptoms like flashbacks, avoidance, and hyperarousal. Bipolar disorder includes distinct periods of mania or hypomania in addition to depressive episodes. The described combination—persistent low mood with loss of interest and lowered self-esteem—without manic features or trauma/obsessive-compulsive patterns—best points to major depressive disorder.

9. Which behavior is a hallmark of Conduct Disorder according to the material?

- A. Aggressive behavior, such as cruelty to animals, fighting and bullying.**
- B. Frequent daydreaming.**
- C. Excessive worrying about school performance.**
- D. Persistent mood disturbances.**

Conduct Disorder is defined by a pattern of behavior that violates the rights of others and major societal norms. A hallmark sign is aggression toward people or animals, such as cruelty, fighting, or bullying, which shows acting out and a disregard for the wellbeing of others. The other options—frequent daydreaming, excessive worry about school performance, and persistent mood disturbances—are more indicative of other types of problems (attention or internalizing issues, anxiety, or mood disorders) and do not capture the central pattern of conduct disorder.

10. Which macro practice involves helping communities plan and implement social change initiatives?

A. Policy analysis

B. Community organizing

C. Direct practice

D. Case management

Macro practice focuses on large-scale change in communities, systems, and policies. When communities plan and implement social change initiatives, the work centers on bringing people together to organize around shared issues, build coalitions, and chart concrete actions that influence policy, resources, or social norms. This approach emphasizes collective action, empowerment, and sustainable change at the community level. Policy analysis involves studying and evaluating policy options and their potential impacts, which is more about assessment and recommendations than organizing a collective action. Direct practice targets individuals or families, while case management coordinates services for clients. These are micro-level activities, not the broad community-driven change described here.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://txlmsw.examzify.com>

We wish you the very best on your exam journey. You've got this!

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